



Upper Level State Meet

March 18-20, 2016

Competition Schedule

Friday, March 18, 2016	Saturday, March 19, 2016	Sunday, March 20, 2016
Session 1 - Level 4 8:00 AM Open Stretch 8:10 AM Coaches Meeting 8:20 AM Opening 8:30 AM Warm Up/Compete 12:00 PM Awards Session 2 - Level 4 12:30 PM Open Stretch 12:40 PM Coaches Meeting 12:50 PM Opening 1:00 PM Warm Up/Compete 4:30 PM Awards Session 3 - Level 5 & Xcel Gold 5:00 PM Open Stretch 5:10 PM Coaches Meeting 5:20 PM Opening 5:30 PM Warm Up/Compete 9:00 PM Awards	Session 4 - Level 6 8:00 AM Open Stretch 8:10 AM Coaches Meeting 8:20 AM Opening 8:30 AM Warm Up/Compete 12:30 PM Awards Session 5 - Levels 9,10 & Xcel Platinum 1:15 PM Open Stretch 1:25 PM Coaches Meeting 1:35 PM Opening 1:45 PM Warm Up/Compete 4:45 PM Awards Session 6 - Xcel Silver 5:45 PM Open Stretch 5:55 PM Coaches Meeting 6:05 PM Opening 6:15 PM Warm Up/Compete 8:45 PM Awards	Session 7 - Level 8 9:00 AM Open Stretch 9:10 AM Coaches Meeting 9:20 AM Opening 9:30 AM Warm Up/Compete 12:30 PM Awards Session 8 - Level 7 1:15 PM Open Stretch 1:25 PM Coaches Meeting 1:35 PM Opening 1:45 PM Warm Up/Compete 4:45 PM Awards Session 9 - Xcel Bronze 5:30 PM Open Stretch 5:40 PM Coaches Meeting 5:50 PM Opening 6:00 PM Warm Up/Compete 8:00 PM Awards

All sessions are Modified Capital Cup.

Venue:

Alario Center - Hall C

2000 Segnette Blvd.

Westwego, LA 70094

No outside food or drink allowed

Bags may be checked

Admission Fees:

13 & Up: 1 Day Pass - \$10.00

Weekend Pass - \$15.00

12 & Under - FREE



Host Hotel:

Best Western Bayou Inn

9008 Westbank Expressway

Westwego, LA 70094

Call: 504 304-7980

Rate: \$99 + Tax

Ask for: **Louisiana Gymnastics Event**

Or use this Online Link:

<http://book.bestwestern.com/bestwestern/groupSearch.do?groupid=E28LZ2F7>

Free Breakfast - Free Parking
Rooms have Refrigerator & Microwave